

Testifier: Adolph Meza

H.B. No. 5467 (RAISED) AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM

As a facilitator in using PASS (Physically Active School Systems) at local PreK - 5 schools in CT, I have been overwhelmed and ecstatic over the results I've noticed with student's reactions. As a student of CCSU and future educator in the field of Physical Education, when introduced with the opportunity to initiate and advocate class rooms with a more physically active setting, I jumped with the chance to express my feelings about this initiative. When visiting these schools and taking just 5-10 minutes to conduct a exercise or brain break, one can see that a student's cognitive domain is immediately affected after a session. The students looked highly engaged once their teachers took over, and in many ways appeared refreshed for the next set of institutions. Aside from all of this, the students look forward to brain breaks and find it as a way to vent or release any stress that can potentially be built up. I fully support the initiative in developing this Red Ribbon PASS Program as a recognizable award system for all schools in CT, and hope this can be one more thing our great state can be recognized in accomplishing.

Thank you.